

Students graduated in FY03: 231 Next graduating class: SUPT Class 03-11

NEWS BRIEFS

Squadron closure

The 14th Communications Squadron closes at 11 a.m. today for an official function. There is minimal manning at the visual information shop, network support and post office area. For any communications emergencies, call the base operator at Ext. 7322 or 364-2001.

Housing office hours

Effective Tuesday, the new housing office customer service hours are from 8:30 a.m. to 4:15 p.m. Monday through Friday. Call Ext. 7276.

Commissary closes

The commissary is closed July 4. It will open July 5 for normal duty hours, from 9 a.m. to 6 p.m. Call Ext. 7109.

Volunteers needed

Volunteers are needed for the Drug Education For Youth Landing Zone. They are needed to set up and help with this interactive activity that teaches team-building skills through problem solving. Set up is from noon to 5 p.m. July 7 and 7:30 to 11:30 a.m. July 8, and the event is from 1:30 to 3 p.m. For more information, call Ext. 2353 or Ext. 2235.

Chapel, first sergeants feed enlisted troops

Airman Alexis Lloyd
Public affairs

Enlisted dorm dwellers gathered for the monthly enlisted dorm dinner June 19 at the chapel annex. Single active-duty enlisted members receive a home-cooked meal from the chapel and the first sergeants council on the third Thursday of each month.



Airman Alexis Lloyd
Master Sgt. Ed Marallo, 14th Civil Engineer Squadron, and Senior Master Sgt. Richard Friend, 14th Security Forces Squadron, cook steaks outside the chapel for the dorm dinner.

“It’s nice to have a home-cooked meal every month,” said Airman Basic Dylan Hearn, 14th Operations Support Squadron. “Everyone does a great job every time.” An enlisted dorm dinner planning committee plans new menu ideas for the dinners. The committee has representatives from the chapel, first sergeant council, enlisted spouses club and officers spouses club. “It gives everyone a chance to socialize with other people from

across the base and learn about their jobs, interests, hobbies and enjoy a great meal,” said Chief Master Sgt. Thomas Pelfrey, 14th Operations Group first sergeant. “I really enjoy seeing the young men and women of Columbus AFB getting out of the dorms and not just seeing them in a work environment. I also really enjoying being around the other shirts and the retirees who really make the whole event happen each month.”

Each dinner has a different style of food and the location varies. This month featured steak and baked potatoes. Others have ranged from sandwiches and finger foods at an Independence Pool party to fried catfish or pulled pork at the chapel annex.

The next enlisted dorm dinner is at 5 p.m. July 17 at the chapel annex. For more information, contact the chapel at Ext. 2500 or a first sergeant.

AFPC announces technical, master sergeant promotions

AIR FORCE PERSONNEL CENTER — The Air Force has selected 4,832 of 18,903 eligible technical sergeants for promotion to master sergeant, a 25.56 percent selection rate; and 7,116 of 32,501 eligible staff sergeants for promotion to technical sergeant, a 21.89 percent selection rate.

Higher retention rates — opening fewer vacancies at each rank — were one reason promotion rates are lower than last year, officials said.

The final tally will increase as we receive and score tests for those members currently deployed, said officials. As usual, each of those airmen has from 30-60 days after they return home to test.

“People who have been deployed will be allowed to test when they return, and we’ll automatically consider them for promotion; we do this on a monthly basis until everyone is considered,” said Chief Master Sgt. Mark Billingsley, enlisted promotions branch chief here.

The master sergeant selection rate dropped 7.67 percent from last year, while

this year’s technical sergeant rate fell 11.62 percent from last year.

“Overall, we are seeing tech and master sergeant promotion rates drop down to about where we suggested as we reach the goal of increasing the ‘top five’ enlisted grades from 48 to 56 percent (of the enlisted force),” said Chief Billingsley. “These are the fifth highest rates of the last 20 years. That’s pretty remarkable.”

The Air Force released both promotion lists the first duty hour Thursday (today for those units across the international date line).

The promotees for Columbus AFB are: *To master sergeant:* **Curtis Chiles**, 14th Medical Operations Squadron; **Clarence Duff**, 14th Security Forces Squadron; **Marie George**, 332nd Recruiting Squadron; **Barry Gorniak**, 332nd RCS; **Christopher Lyons**, 332nd RCS; **William McKeon**, 14th Contracting Squadron; **Michael Pascale**, 14th MDOS; **Darryl Robinson**, 14th Flying Training Wing; **John Schopper**, 14th CONS; **James Smith Jr.**, 14th SFS; **Bradley**

Sprague, 332nd RCS; **Shane Stutler**, 14th SFS; **Hudson Varner**, 14th Operations Support Squadron; and **Lyle Vines**, 14th FTW.

To technical sergeant: **Glenn Armstrong**, 14th Mission Support Group; **Barry Carruth**, 14th Mission Support Squadron; **Jason Harrison**, 332nd RCS; **Winston Hayes**, 14th Medical Support Squadron; **Frank Hitchcock**, 332nd RCS; **Kristie Holt**, 41st Flying Training Squadron; **Preston Holt**, 14th SFS; **Karl Hudson**, 14th MDSS; **Douglas June**, 332nd RCS; **Rhonda Knipmeyer**, 14th MSG; **Michael McWhorter**, 41st FTS; **Robert Parker**, 332nd RCS; **Jason Pool**, 332nd RCS; **Jeffery Rast**, 14th SFS; **Cory Santos**, 14th MDSS; **Steven Thomas II**, 332nd RCS; **Robert Watts**, 14th CONS; **Hallie Williams**, 37th FTS; and **Denis Woods**, 14th SFS.

The complete list of selectees is posted to the Air Force Personnel Center’s web page, <http://www.afpc.randolph.af.mil/eprom/>, by 6 p.m. central time today.

People who tested are expected to receive their score notices in early July, allowing them to see just how their Promotion Fitness Examination and Specialty Knowledge Test scores rank against others within their Air Force Specialty Code.

Each individual can also get an electronic copy of his or her score notice, available today, by logging into the virtual Military Personnel Flight at <http://www.afpc.randolph.af.mil/>.

The average master sergeant selectee score for the 03E7 master sergeant test cycle was 340.99 points. The average master sergeant selectee has 3.45 years time in grade and 17.06 years in service. Those selected will be promoted to master sergeant from August to July 2004.

The average selectee score for the 03E6 technical sergeant test cycle was 321.01 points. The average technical sergeant selectee has 4.80 years time in grade and 12.22 years in service. Those selected will be promoted to technical sergeant from August to July 2004.

(Courtesy of AFPC News)

Culture change, performance reports, a next step

Lt. Col. Paul Judge
48th FTS commander



Twenty minutes on the Internet and you’re lucky to print a consensus on any one subject.

I’m always trying to find better ways to explain career progression in the Air Force and I was wondering where the momentum for change had gone with respect to the Officer and Enlisted Performance Reports. It would be nice to have a form that was fast, effective in terms of both ratings and recording periodic verbal feedback, and saved the government millions of dollars a year in ink and reproduction costs.

Before we design a new form we probably want to get a sense of what is expected. According to the secretary of the Air Force, Dr. James Roche, the qualities he advises boards to look for are “proven ability to be proactive rather than reactive, a breadth of

career experiences and an understanding of the expeditionary air and space force concept.”

“The AF needs leaders who can conceptualize, chart strategies and formulate policies, as opposed to merely organizing solutions to problems,” said Staff Sgt. Todd Lopez, Air Force Print News. “The board should find those officers who provided the direction and force that shaped outcomes rather than reacted successfully to a series of events.”

This guidance on promotion and selection boards is part of the changing culture that Roche and Chief of Staff Gen. John Jumper are leading. Rebuilding the assignment system, changing promotions, modifying federal law currently dictating the “up-or-out” system and transforming the exercise of “box-checking” into career building will eventually impact civilian workers, the Air National Guard and Reserves as well, said Gordon Trowbridge, Air Force Times.

So, can we change the OPR and EPR forms? According to the 1996 Air Force personnel survey, 55 percent were satisfied with the evaluation system and the vast majority of officers stated that the OPR is as

important as job performance itself. From where I sit, 55 percent isn’t very high and man-hours spent on the process of generating performance reports is becoming incompatible with a downsized Air Force that includes the local administration shop.

The critics take an even harder line. “The U.S. Air Force is full of many top-notch people, but gross systemic mismanagement destroys most of their potential and forces a conflict between selfless and selfish service, leading to careerism and erosion of integrity,” said Eric Lewan, Airman Magazine.

The current OPR/EPR process has drifted back to the place it was before — over-inflated ratings and hours of effort ensuring blocks are full and the form is submitted on-time. In short, a lot of effort is being expended to produce an important document that has questionable effects and results.

So why don’t we just make it simple if it’s too hard to make perfect?

See CHANGE, Page 5

STRAIGHT TALK LINE

The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better.

Although the Straight Talk Line is always available, the best way to resolve problems is through the chain of command.

The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer.

All names are kept confidential.

Messages are answered in the Silver Wings without names.

Written questions may also be brought to the public affairs office in the wing headquarters building, Bldg. 724.

People can also access the Straight Talk program through the Blazeweb at <https://columbusweb> and the main website at www.columbus.af.mil.

Questions and answers will be edited for brevity.

Lab clinic bathroom remodeling planned

Question: I was in the lab today at the clinic with a woman in a wheelchair. She had to give a urine sample.

I had extreme difficulty pushing her into the bathroom because it was too small. I feel the facility is not big enough to facilitate the needs of the handicapped ... at least not for those who need assistance.

Answer: Thank you for using the straight talk line. The Laboratory bathroom is equipped with a num-

ber of special needs devices. The room, however, is narrow, which makes maneuverability difficult for our patients who are escorted in a wheelchair.

We recently added this bathroom to one of our remodeling projects. Until modifications can be made, our staff has been made aware of this facility limitation and will be more sensitive, as well as offer assistance, whenever necessary.

Thank you for bringing this to our attention
Lt. Col. John Parks, 14th Medical Support Squadron commander

SILVER WINGS

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Silver Wings Editorial Staff 14th FTW commander

Col. Steve Schmidt
Chief, public affairs
Pam Warnken
Editor
Senior Airman Amanda Mills

Key phone numbers

Base Exchange.....	434-6013
Chaplain.....	434-2500
Civil Engineer Service Desk.....	434-2856
Civilian Personnel.....	434-2635
Clinic:	
Family Practice.....	434-2172
Appointment Desk.....	434-2273
After Hours Care.....	434-2273
Columbus Club.....	434-2489
Commissary.....	434-7106
Finance.....	434-2706
Housing Maintenance.....	434-7370
Inspector General.....	434-2927
Legal Office.....	434-7030
Military Equal Opportunity.....	434-2546
Security Forces.....	434-7129
Shoppette.....	434-6026

CAFB major finds pride in foreign perspective

Maj. Chuck Boothe
14th Operations Support Squadron

I'm proud of my Air Force and always have been. It's not perfect and I can complain with the best of them, but at the end of the day there's no doubt in my mind we are the best Air Force in the world. Recently, I've seen evidence of this from an unlikely source — through the eyes of international students at Columbus AFB.

As the international military student officer, I interact daily with more than 30 international students. They come from countries around the globe including: Japan,

Italy, Senegal, Lithuania, Bulgaria, Dominican Republic and Bangladesh, just to name a few.

My job is to oversee their progression through pilot training. We discuss everything from daily schedules to checkrides, and joke about which countries have the best sports, food, beer and wine.

I've developed a deep respect for these students and their ability to adapt and overcome the cultural boundaries that accompany their flying education. Learning to fly is difficult enough, doing it in a foreign tongue and environment is mind-boggling.

Even beyond the cultural differences, the operational contrasts they note never cease to amaze me.

International students continually praise our training environment and dedication to professionalism both in the jets and the classroom. Their various comments truly underscore the primary differences between our training and theirs.

Throughout their residence, foreign students are amazed by: our structured and rigid training environment that dictates exact start and finish times; the sheer

number of aircraft we house and our ability to launch 350 daily sorties — more sorties than their nations fly in a month; and open communication between junior and senior officers, as well as between officers and enlisted troops.

Simple standards that we take for granted serve as stark contrasts in their minds. They're even awed by the fact that mild rain doesn't slow our operations tempo.

The students are also startled by how quickly we expect them to progress from the academic portion of pilot training to the flightline. Most anticipated at least three or four months of ground training before ever strapping into an airplane. The fire hose effect catches them off guard and leads to a feeling of lagging behind their American classmates.

And in fact they are — an American student might hit the books for two or three hours while foreign students study for at least four or five with a language dictionary in hand.

Despite rigorous training schedules, however, each student paid special attention to news coverage of Operation Iraqi Freedom. One student marveled over the fact that the same organization that was training him was “simultaneously conducting operations across the globe with speed, accuracy and efficiency never seen before.”

Seeing this war through their eyes made me realize that the rest of the world took notice of what our Air Force accomplished and is capable of repeating.

Overall, training one or two individuals from another country may seem like a modest endeavor, but the relationships that are fostered through this program have future diplomatic and international value that can't be measured.

And the indescribable pride these foreign officers radiate when pinning on their hard-earned United States silver wings will forever reinforce my own appreciation of our Air Force.



Maj. Chuck Boothe
2nd Lt. Anthony Bilotto, Specialized Undergraduate Pilot Training Class 04-10, looks on as 2nd Lt. Mohammad Hamidul Haque, an SUPT Class 04-10 student from Bangladesh, sits in an F-15 at the Columbus AFB air show June 1.

Letter to editor: Thanks to Columbus AFB extended family

Dear Columbus AFB people

It is hard to express in words how much my Air Force family means to me. I arrived at Columbus AFB on June 5th to a base of strangers and a new job. Other than the stress accompanied with a PCS, I had also recently buried my mother.

With my father unreachable and out of

the country, I assumed the parental role my two younger brothers still need in their lives.

I married my fiancé and was granted guardianship of my brothers.

All of these changes would seem so overwhelming, but the transition was remarkably smooth due to the help of people like you, my extended Air Force

family. My first sergeant, Chief Master Sgt. Tom Pelfrey, was able to coordinate all kinds of donations.

My brothers, my husband, and I now have food, kitchenware, beds, ... the list goes on.

I know that this thank you letter cannot compare to the generosity you have shown to my family and me.

However, you are in my thoughts, and I thank you from the bottom of my heart for what you have done.

This kindness not only shows me about helping others, but it also shows me what the Air Force family is all about. Thank you.

Sincerely,
Airman 1st Class Tammy Kirkland

CHANGE

(Continued from Page 4)

We can save the government a lot of money and manhours by making OPRs and EPRs one sided. I don't need radical change, forced rank ordering, or automation — just reduce the current forms to one side by making the X boxes smaller and reducing the lines

per text block to a 3-5-5-3 set-up. First, the job description with three lines, the rater next with five lines, the additional rater block next with five lines and the reviewer (typically left blank) at the bottom with three lines. No more flipping, extra printing or

copying. Only the critical information recorded in a timely manner. It may not be the best solution, but it has practical merit and that's the best consensus you can get after 20 minutes on the Internet looking at the current system.

Airmen strive for excellence, earn commissions

Senior Airman Amanda Mills
Editor

Two Columbus AFB people recently earned the chance to become officers.

Senior Airman Rachel Aden, 14th Operations Support Squadron air traffic controller, will earn her commission through the Airman Education and Commissioning Program and John Sykes, 14th Mission Support Group mission capable parts section, will attend



Senior Airman Rachel Aden, 14th Operations Support Squadron air traffic controller, scours air space.

Officer Training School.

Airman Aden attended a few college classes, studying Japanese before she enlisted in the Air Force.

“I decided I wanted to further my education and increase my military opportunities by becoming an officer,” Airman Aden said. “I also wanted to use the knowledge I already had in the best way for the Air Force.”

In her two years at Columbus AFB, Airman Aden worked on improving her package with volunteerism, job performance and by winning awards. She was then granted a guaranteed degree in Japanese language through the AECP.

“I give Airman Aden my highest recommendations,” said Jim Story, 14th Operations Support Squadron ATC watch supervisor. “She's an outstanding worker, she's going to be an excellent officer and I plan to see her go far with her commissioned service.”

Airman Aden leaves for Portland State University, Oregon, in August.

“I'm really excited about the opportunity I've been given to take my enlisted experience into the officer side,” Airman Aden said. “I plan to include everything I've learned to become a better person, leader and officer.”

While Airman Aden



Photos by Senior Airman Amanda Mills

John Sykes, 14th Mission Support Squadron mission capable parts section, works on a MICAP requisition request.

decided during her career to become an officer, officership has always been a dream for Mr. Sykes.

“I was a squadron commander in JROTC in high school, but I didn't go directly to college,” Mr. Sykes said. Instead, he lived a civilian life until he joined the military in 1993. With no college education at the time, his only option was to enlist, and he worked in supply.

In March 1998, his position converted to a civilian position. Mr. Sykes wanted to remain on the job, but also wanted to retain continuous service to benefit his future officer plans.

“So I enlisted in the Mississippi Air National Guard,” Mr. Sykes said. “This way, I retained my service, and worked

evening hours at my civilian position, which gave me more time to start working on my education.”

Mr. Sykes enrolled in Mississippi State University in late 1998, and plugged away at classes until he graduated in 2002 with a bachelor's in business administration. With a degree in hand, he applied for OTS, and was notified of his selection in December.

“I've been slotted for an active-duty acquisitions officer position, and I'll go to OTS Nov. 11,” Mr. Sykes said. “I'm ready to go. I enjoyed the Guard, but my ultimate goal was to return to active duty. I only got out of active duty in order to attend college fulltime, because I knew if I stayed in it would take longer, and I didn't want that to happen.”

People encouraged to look at progress with open eyes

BAGRAM AIR BASE, Afghanistan — A couple hundred yards outside the perimeter here, loudspeakers blasting Afghan music permeate the night air. Faintly, the sounds of laughter and shouting come from the compound housing the local Afghan militia force there.

For the past three hours I've been stretched out on my cot, tossing and turning and trying to sleep despite the noise. It's now 1 a.m., and my first thought is, “Man, in the States they'd be getting a visit from the police for partying like this.”

Then, upon reflection, playing loud music — any music for that matter — would have resulted in a lot more than a \$100 fine two years ago in Afghanistan under the Taliban regime. In fact, a ticket would be a blessing in a country that only two years ago was ruled with an iron fist.

Lying there, I considered how my “Western” eyes looked at everything going on in the country right now, especially the progress of coalition forces to bring peace and stability to a region that in many ways came to a stop decades ago.

It's easy to look around and say Afghanistan today is exactly the same as it was 100 or even 500 years ago: a living, breathing time capsule in the middle of a world of technological and social advances.

Most Afghan cities don't have decent plumbing, electricity or adequate housing. Most women still walk about town in full abaya and won't speak or look at anyone but their husbands or immediate families and wouldn't even think twice about baring their faces or any part of their body, despite the lifting of that ban by the central government. Despite having their own standing army for the first time

since the 1960s, in many remote areas regional commanders still rule over their tribes or regions.

Progress doesn't seem to have come to the country, despite the time and effort coalition forces have put into stabilizing the region so far. But that measure of progress is seen through the eyes of a Westerner and doesn't necessarily apply here.

Progress is taking shape in Afghanistan — incrementally, but it's coming. According to many experts, true progress will take at least a couple of generations, or about the generational difference between my grandparents' ‘talking picture box’ in the living room and my MTV.

Outside, the Afghan militia force compound has grown quiet and the music has stopped. It's reassuring to know I and all the soldiers, airmen, Marines and sailors here have played a part in making sure progress hasn't also stopped.

At the Chapel

Chapel schedule
Catholic
Sunday activities:
9:15 a.m. — Mass
10:30 a.m. — CCD
5 p.m. — Confessions
5:30 p.m. — Mass
Wednesday
11:30 a.m. — Mass

Protestant
Sunday activities:
9 a.m. — Sunday school
10:45 a.m. Sunday and July 6 —
Traditional/contemporary worship
For Islamic, Jewish, Orthodox or other
services, call the chapel at Ext. 2500.

At the Movies

The theater is closed for renovations
until further notice. For more infor-
mation, call the shoppette at 434-6026.

COMMISSARY

The commissary hours are:
10 a.m. to 6 p.m. — Sundays,
Tuesdays, Wednesdays and Fridays
10 a.m. to 8 p.m. — Thursdays
9 a.m. to 6 p.m. — Saturdays
Closed — Mondays

FITNESS CENTER

The fitness and sports center hours are:
5 a.m. to 11 p.m. — Mondays
through Thursdays
5 a.m. to 9 p.m. — Fridays
8 a.m. to 8 p.m. — Saturdays and
Sundays

CHANNEL 64

BLAZE 64 offers announcements
for people living in base housing or the
dormitories.
Call 1st Lt. Richard Blakewood for
more information at Ext. 7065.

Weekdays
9 a.m., noon and 2 p.m.
Air Force Television News
Monday through July 4
9:30 a.m., 12:30 p.m. and 2:30 p.m.
College Level Examination
Program Tapes:
No tape

FAMILY
SUPPORT



*(Editor's note: All activities are offered
at the family support center unless other-
wise specified. For more information,
call Ext. 2790.)*

Transition workshop: A transition
assistance program workshop is from
July 8 to July 10.
People may attend up to two years
before retirement or one year before sep-
aration.
The topics include resumes, interviews,
job hunting skills, health benefits, veter-
ans affairs benefits, small business devel-
opment and related transition topics.

PCS information: PCS moving
guides, SITES books and automaps that
are helpful when relocating are available
at the center.

Discount books: Books full of dis-
counts on hotels in other states, as well as
information on many things to do in the
local area and the state are available on
the center's walls of information.

School uniforms: People with children
who are PCSing or who no longer need
their serviceable school uniforms can
give them to the family support center.

Free child care: Arriving and depart-
ing active-duty Air Force people can
receive up to 20 hours of free child care
per child. Certificates are available with-
in 60 days of departure or arrival.

Remote/deployed briefing: Military
people who are going remote or being
deployed must attend a mandatory brief-
ing offered at 9 a.m. Thursdays.

WIC: The Women, Infants and
Children program is available for preg-
nant women or for people with children
under 5. Call the center for an appoint-
ment.

Self-paced learning: The family sup-
port center offers self-paced computer
study programs in Word, Excel, Access,
PowerPoint, Outlook, Publisher, Front-
Page and PhotoDraw in three levels of
expertise.



Airman Alexis Lloyd

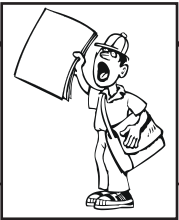
Tops in Blue 2003

Tops in Blue members sing for Columbus residents during their March visit. The group is scheduled to perform their new show at 7:30 p.m. July 18 at Rent-Whitfield Auditorium at the Mississippi University for Women campus. Doors open at 6:45 p.m., and admission is free. For more information, call Ext. 2337.

To improve your computer skills, call
Mark Horning.

Calling cards: Free \$20-valued phone
cards are offered to all people going on
contingency TDYs for 30 days or longer.
This is sponsored by the Air Force Aid
Society.
Phone cards must be issued to military
people. For more information, call Tech.
Sgt. Jamey Coleman.

BASE
NOTES



Thrift shop: The thrift shop opens from
9 a.m. to 1 p.m. Thursdays beginning
July 10. Volunteers are needed to help run
the shop. Call 434-2954.

Motorcycle safety class: A motorcycle
safety class begins at 5:30 p.m. July 18 for
the classroom portion and at 8 a.m. July 19
for the riding portion. It is a one-time
requirement for all active-duty, department
of defense civilians and retired Columbus
AFB motorcycle riders. Call Ext. 2497.

CLEP exams: The following College
Level Examination Program exams are no
longer available for testing at the educa-
tion center: Humanities (04910 and
04928), General Chemistry (26107),
College Level German (75027), General
Biology (18074), Western Civilization I &
II (65048 and 66052).

The CLEPs are available at MSU for \$56
for everyone and aren't reimbursable for
military people. These exams will not be
available at the education center until a
later date.

There are other CLEPs, which can still
satisfy requirements for Community
College of the Air Force degree in these
areas. For more information, call the edu-
cation center at Ext. 2562.

Car care: The auto hobby shop offers
basic car care classes. The classes teach oil
changes, tire rotations and many other do-
it-yourself skills. For more information or
to sign up for a class, call Ext. 7842.

Traffic office: The traffic management
office is closed for training Wednesdays
from 7:30 to 8:30 a.m.
Regular hours of operation are from 7:30
a.m. to 4:15 p.m. Mondays, Tuesdays,
Thursdays and Fridays.
For more information, call Ext. 2684.

Services: Improving lives of servicemembers, families

American Cafe' lunch: This is now
offered as the lunch choice for club
patrons.
Friday night bar menu service remains
open from 4:30 until 9:30 p.m. and can be
enjoyed in the Happy Lounge if desired.

All-ranks bingo: Games begin at
6 p.m. Fridays in the community center
ballroom.
People play five \$75 regular games, one
\$125 odd and even coverall game and a
\$1,000 progressive jackpot game.
Consolation prize is \$150 if the jackpot
does not go in 61 numbers or less.
Admission fees for nonmembers are \$5.
Payout is based on a minimum number of
players. Call Ext. 2489.

Disc jockey Maze: The enlisted lounge
features DJ Maze starting at 9 p.m.
tonight.

Disc jockey Kleve: DJ Kleve entertains
from 9 p.m. today to 1 a.m. Saturday in
the enlisted lounge.

Six Flags over Georgia: The youth
center offers a trip July 10 to July 11 to
Six Flags over Georgia.
The cost is \$130 per person and
includes transportation, lodging and tick-
ets to the theme park. For more informa-
tion, call Ext. 2504.

Marquees: The Marquees, an enter-
tainment group, will be playing at the
enlisted lounge July 12. The show begins
at 7 p.m.

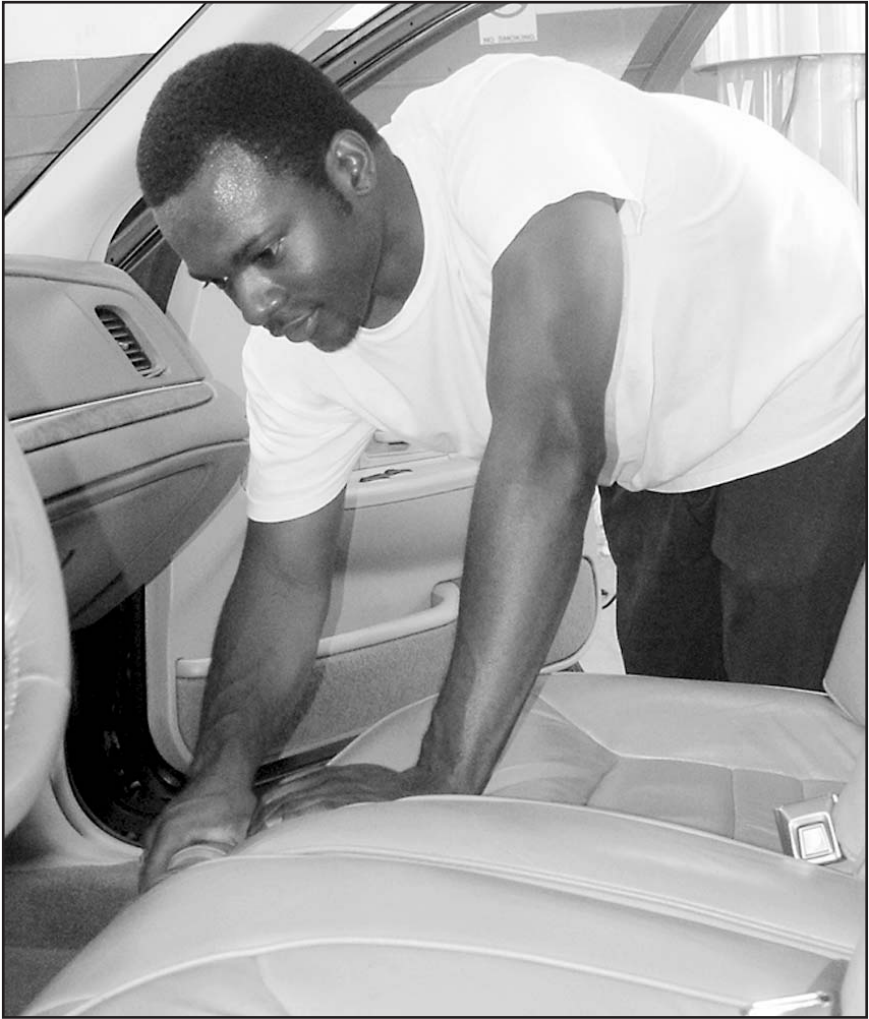
Missoulas Children's Theater: The
youth center hosts the Missoulas
Children's Theater July 14 to July 19. The
play will be "Red Riding Hood." Please
call the youth center at Ext. 2504 for more
information.

Tops In Blue: Come out and witness
the spectacular Tops In Blue perform a
brand new show July 18 at the Rent-
Whitfield Auditorium on MUW campus.
The doors open at 6:45 p.m. and the
show starts at 7:30 p.m.

Give parents a break: Make reserva-
tions by Wednesday for Give Parents a
Break scheduled from 9 a.m to 3 p.m. July
19.
Cost is \$3 an hour per child and a non-
refundable \$5 deposit is required when
making reservations. Call the center at
Ext. 2479 for information or to reserve a
space for your child.

Auto special: The auto skills center
offers a July special on tire rotate and bal-
ance for \$25. Club members pay only
\$20.
Don't forget that the auto skills will
pick up and drop off your car free of
charge. Oil changes and auto detailing are
also available.
Call Ext. 7842 for more information.

Check out the Services website
at
www.cafbgrapevine.com



Rachel Kasic

Auto detailing...

Patrick Jones, auto skills center auto detailer, vacuums a car. Auto detailing includes automotive cleanup, wash, waxing, carpet and seat shampoo, tires and rims and free pick up and delivery service. For an appointment, call Ext. 7842.

SERVICES HOLIDAY HOURS OF OPERATION

Thursday - July 6

	Thursday Family Day	July 4 Independence Day	July 5	July 6
Auto Skills Center	10 a.m. to 6 p.m.	Closed	Closed	Closed
Bowling Center	11 a.m. to 8 p.m.	Closed	8 a.m. to 11 p.m.	11 a.m. to 6 p.m.
Cardinal Inn	Regular hours	Brunch and dinner	Brunch and dinner	Brunch and dinner
Child Dev. Center	Closed	Closed	Closed	Closed
Columbus Club	Closed	Closed	Closed	Closed
Fitness Center	7 a.m. to 6 p.m.	10 a.m. to 6 p.m.	8 a.m. to 8 p.m.	8 a.m. to 8 p.m.
ITT	Closed	Closed	Closed	Closed
Library	Closed	Closed	Closed	1 to 5 p.m.
Outdoor Recreation	9 a.m. to 5 p.m.	Closed	8 a.m. to noon	Closed
Skills Dev Center	Closed	Closed	Closed	Closed
Vet Clinic	Closed	Closed	Closed	Closed
Whispering Pines	7 a.m to dusk	7 a.m. to dusk	7 a.m. to dusk	7 a.m. to dusk
Youth Center	Closed	Closed	1 p.m. to midnight	Closed



Fine Italian
Cuisine

Opening Soon at the Community Activity Center

Jazz: Jazz on the Tenn-Tom Waterway is from 4:30 to 9:30 p.m. Saturday at the amphitheater on the East Bank of the Tenn-Tom Waterway.

The event is sponsored by the Golden Triangle UNCF. Call 328-2257.

Columbus tour: The Columbus Historic Foundation sponsors a historic bus tour of Columbus Saturday.

The tour is offered four times this summer: Saturday, July 26, Aug. 16 and Sept. 6. All tours leave at 9 a.m. from the Tennessee Williams Welcome Center at 300 Main Street.

The tour includes homes, churches, cemeteries and historic roadways in the three districts of Columbus on the National Register of Historic Places.

Cost is \$10 per person, which includes lunch at the Backdoor Restau-rant. Souvenir tickets are available at the Tennessee Williams Welcome Center. Call Nancy Carpenter at (800) 920-3533 or Russell James at (662) 329-5300.

Weekly racing: Weekly racing and a Mississippi modified “Summer Smackdown” championship begins at 7:30 p.m. at Columbus Speedway. Grandstand cost is \$15 per

person and pit passes are \$25 per person. Those 10 years old and younger are free when accompanied by an adult. Call (662) 241-5004.

Reese Orchard: This orchard, south of Starkville in the Sessums community, is a Victorian estate and orchard. It grows fresh fruit for people to harvest in summer and fall. Currently blueberries are in season. After visitors harvest their fruit, they pay by weight. The orchard is open from 7 a.m. to noon and from 3 to 7 p.m. Tuesdays, Thursdays and Saturdays. For more information call 324-1509 or visit www.reeseorchard.com.

BARGAIN LINE

Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees.

Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week's issue. Late ads will be held over for the next issue.

Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads.

Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one): Home Transportation Miscellaneous Yard sales Pets

Print advertisement: _____

Name: _____

Home Telephone #: _____ Duty Telephone #: _____
(in case we need more information)

Please let us know what you think of the Silver Wings:
Are you happy with the Silver Wings? Yes ☐ No ☐
What would you like to see more of in the newspaper? News ☐ Sports ☐ Photos ☐
If you would like to give any other suggestions, please e-mail us at silverwings@columbus.af.mil.

Campaign helps people stop weight creep

Over two-thirds of adults are trying to shed pounds or keep their weight under control.

Thus, it is no wonder that every year in the United States, consumers spend over \$30 to \$50 billion on products and services to help them in this endeavor, according to the Air Force Medical Service. Even with this large investment of money spent by consumers, and despite availability of reduced fat and reduced calorie foods, Americans continue to gain weight.

Since 1980, there has been a sudden and accelerated increase in weight throughout the U.S. population. Currently, 64.5 percent of all Americans are considered overweight or obese, according to the Centers for Disease Control criteria.

“The active-duty Air Force population is not far behind,” said Capt. Nina Perino, Columbus AFB Health and Wellness Center health promotion manager. “Applying the same measurements to the active-duty Air Force population, 54 percent are considered overweight or obese.”

While the American public has a higher proportion of obese individu-

als, (26 percent obese compared to 8 percent obese active-duty Air Force people), it is clear that excess weight beyond the healthy weight range leads to adverse consequences, said Master Sgt. Gilbert Shrieves, HAWC nutritional therapist.

“‘Weight creep,’ the seemingly harmless 1.5- to 2-pound gain each year, contributes to both overweight and obesity conditions,” Sergeant Shrieves said.

“Over several years, this slowly accumulated weight gain reaches significant proportions, impacting a variety of operational levels. Excess weight and its associated complications result in reduced mission readiness, increased medical care costs, days lost from work, reduced productivity, as well as loss of life,” Sergeant Shrieves said.

To address this seemingly harmless “weight creep,” Columbus AFB recently introduced the Shape Your Future ... Your Weigh! campaign, Captain Perino said.

Developed by a team of Air Force nutrition, fitness and wellness experts, the campaign serves a four-fold purpose:

- ☐ Expand the awareness of “weight creep”
- ☐ Provide multiple strategies to prevent or limit weight gain
- ☐ Empower individuals to achieve and maintain a healthy lifestyle
- ☐ Energize a community approach to preventing weight gain.

“Endorsed by top Air Force leaders, the Shape Your Future...Your Weigh! information and materials will be distributed through the health and wellness center to benefit all active-duty people, their families and eventually all beneficiaries,” Captain Perino said.

“A wealth of credible and well-researched educational materials and resources serves as the foundation of the campaign,” Captain Perino said.

For more information on the campaign, call the HAWC at Ext. 2477.

“Remember, consistently applying and using positive lifestyle behaviors such as healthful eating and physical activity can prevent unwanted weight gain,” Sergeant Shrieves said. “Be informed, it’s up to you.” (Courtesy of the AFMS and the HAWC)



Senior Airman Amanda Mills

Bowling

Master Sgt. Gilbert Shrieves, health and wellness center, bowls during the bowl-a-thon fundraiser July 20. Nine bowlers participated, raising \$180 for the Enlisted Dining Out Nov. 14.

Recreational soccer league

A recreational soccer league for BLAZE and military identification card holders is held year round.

The league is for ages 18 and older only. It features a double round-robin season, followed by a single elimination tournament with games being played on the weekends.

Registration forms are available at the fitness center front desk. For more information, call Ext. 2772, stop by the fitness and sports center or check out the web site at www.geocities.com/columbusfutbol/.

Personal trainers

Personal trainers are available at the fitness and sports

center to spice up a workout routine or help a person get more out of their workout. For more information, call Ext. 2773.

Fitness 101

People can sign up for a Fitness 101 class at the fitness and sports center.

The class shows people how to use the weight machines, as well as how to find the individual’s target heart rate. For an appointment, call Ext. 2772.

Tennis lessons

The youth center offers tennis lessons for all ages. Each child is \$40 a month, and a second child is \$35. For ages 8 and above, practices are one hour, twice a week. For ages 7 and below, practices are 45 minutes, twice a week. Scheduling is done through the instructor. For more information, call Ext. 2504.

Aerobics classes

Aerobics classes ranging from beginning step, kick-boxing, spinning and yoga are offered every week at the fitness and sports center. There are 15 different classes every week. For information, call Ext. 2772.

Softball standings

The following are the intramural standings as of Wednesday.

Teams	Wins	Losses
50th FTS #1	3	0
48th FTS #1	3	0
14th CES #1	6	1
DynCorp	6	1
14th OSS #1	3	1
50th FTS #2	2	1
43rd FTS	2	1
14th SFS	3	4
14th MSS	2	4
14th CS	2	5
14th MDG	2	5
14th CES #2	1	5
14th OSS #2	0	4
37th/41st FTS	0	3

